

Health Office Update

Corona Virus Update

-The corona virus (COVID 19) is in the same family as the common cold and other respiratory viral infections. The effects are similar and only a health professional can diagnose it.

-The Monmouth County Board of Health will be the agency in charge of any actions needed, and all schools will work with them if need be.

-Most cases of the virus have mild to moderate effects on people. The most severe cases seem to affect the elderly and those with compromised health conditions. Interestingly, children tend to show less symptoms and seem more immune.

-It is spread most often through respiratory droplets. So the same practical things we do for the flu or cold should be used here. Washing hands, covering mouth when you cough, staying home if you are sick. The CDC and state of New Jersey have good websites for reference. (CDC.gov and also Monmouth County Health Department). If one is sick with fever, a self-quarantine is the recommendation just like the flu unless of course you are advised otherwise by your care provider. Students are not permitted to return to school until they are free of fever for 24 hours without fever reducing medicine.

-Our teachers and staff are diligently wiping down surfaces with disinfectant wipes

-Coaches are also using proper cleaning precautions with shared equipment

-We are taking every precaution

I will continue to issue updates in order to keep the Mater Dei Prep community informed.

Sincerely,

Ms. Michele Wood-Petry RN

School Nurse